

ROAN MOUNTAIN 10K RUN

Part of the 28th Annual Tennessee State Park Running Tour
Saturday, October 21, 2006

ROAN MOUNTAIN STATE PARK, 1015 Highway 143, Roan Mountain, TN.

Directions: From Knoxville, take I-81 to Kingsport. Turn right on I-26 (formerly I-181) to Johnson City. Turn left on Hwy 321 to Elizabethton and right on Hwy 19E to Roan Mountain. Turn right on Hwy 143 to the Park entrance and continue to the restaurant. Park phone 423-772-0190.

Start on Hwy 143 at the campground entrance. **Finish** close to the restaurant.

Race starts at 11:00 A.M. Eastern Standard Time.

Certified Course: Two miles flat or downhill to Sugar Hollow Rd. Left on Dark Hollow Rd (mile 3), then left on Hampton Creek Rd back to Hwy 143 (mile 4) and back up to the finish (6.2 miles).

Long Sleeve T-shirt: guaranteed to all pre-registered runners.

Pre-registration deadline: October 14, 2006. Race day registration from 10:00 to 11:00 a.m.

Awards: Special awards to top male and female overall, masters (40+) and grandmasters (50+). Ten-year age groups with top 3 awards in each category from under 20 to 60+. Award ceremony at the restaurant with a chili lunch.

Entry Fee: \$ 15.00 with or \$ 5.00 without shirt,

payable to SFTC (club members \$ 14.00)

Mail registration to: **Roan Mountain Run**

Race day without T-shirt \$ 10.00, with shirt \$ 17.00 (if available).

State of Franklin Track Club

P. O. Box 6427

Race director: Rob Schoborg (423) 439-6295 or (423) 926-1265.

Kingsport, TN 37663

Email: schoborg@etsu.edu

Roan Mountain 10K Registration

Last Name _____ First Name _____ M.I. _____

Address _____ E-mail _____

City _____ State _____ Zip _____ Phone (____) _____ - _____

Age (on race day) _____ Gender _____ T-shirt Size (circle) SM MD LG XL

Entry fees are non-refundable. Awards and shirts will not be mailed.

Waiver of Liability. In consideration for accepting my entry in this race, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the organizers and sponsors of this event. I also release the above named for all claims of damages demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition in this event. In filling out this form, I acknowledge I have read and fully understand my own liability and ability

Signature _____

Date _____

(Parent signature for runners under the age of 18)